

**EFFECT OF TRIPHALA KWATH DHAVAN AND JATYADI TAIL
APPLICATION ALONG WITH LIFESTYLE MODIFICATION IN THE
MANAGEMENT OF DUSHTA VRANA (NON HEALING DIABETIC
WOUND)**

¹*Dr. Umesh Arvind Mallewar and ²Dr. Deepali Manore

¹MD Scholar, Swasthavritta Department, College of Ayurved and Research Centre, Nigdi
Pune 44.

²Asso. Professor, Swasthavritta Department, College of Ayurved and Research Centre, Nigdi
Pune 44.

Article Received on
12 December 2023,

Revised on 02 Jan. 2024,
Accepted on 23 Jan. 2024

DOI: 10.20959/wjpr20243-31206



***Corresponding Author**

**Dr. Umesh Arvind
Mallewar**

MD Scholar, Swasthavritta
Department, College of
Ayurved and Research
Centre, Nigdi Pune 44.

ABSTRACT

Diabetic wounds, a significant complication of diabetes mellitus, represent a complex and challenging aspect of healthcare. These wounds, often characterized by slow healing, susceptibility to infections, and impaired tissue repair, arise due to the interplay of various factors associated with diabetes. Chronic hyperglycaemia, neuropathy, vascular changes, and compromised immune function contribute to the development and persistence of diabetic wounds. Managing these wounds requires a multidisciplinary approach, combining medical interventions, wound care strategies, and lifestyle modifications to promote optimal healing and prevent complications. Understanding the intricacies of diabetic wounds is crucial for health care professionals to provide effective and comprehensive care for individuals grappling with this condition. The four basic processes which take place in wound healing are - Inflammation, Wound contraction, Epithelialization and Granulation tissue formation. There

are many factors which influence the wound healing like age, nutrition, hormones, co-morbid conditions, place and position of wound, blood supply to the area exposure. But involvement of infection will not allow the wound to heal and convert it into Dushta Vrana (chronic wound). Triphala kwath dhavan and Local application with Jatyadi Taila helps in managing Dushta Vrana effectively by controlling the healing environment.

A case of 56-year male presented with complains of non-healing ulcer in right lower limb near ankle joint, with K/C/O type 2 diabetes mellitus with slough, discharge, foul smell, discoloration of surrounding skin has been presented here. There was complete healing of the ulcer after 150 days of treatment. In this case Jatyadi Taila and triphala kashaya shows its Shodhana, Ropana and Raktaprasadana property.

KEYWORDS: Jatyadi tail, dushta vran, Triphala kwatha, diabetic wound, lifestyle modification.

INTRODUCTION

Wounds or vrana, are a very common and recurrent complication in surgical treatment. The patient's condition is made worse by the presence of Vrana, which can have grave consequences. Local wound variables, such as slough, infection, and foreign bodies, interfere with the normal healing process. In comparison to a contaminated wound, a healthy wound in a normal body heals more quickly and leaves fewer scars. Since ancient times, managing wounds has been of utmost importance. Successful wound care includes the use of the right drugs, wound dressings, and dietary guidelines. Wound healing is a complex process. Almost half of Sushruta's work is devoted to detailing various facets of wound healing. One of the 60 treatment methods (Shashti- upakram) of vrana is ahar (diet). To keep dosha in samyavastha and thereby keep the vrana shuddha avastha, proper diet is advised also Parishek (washing of vrana with liquids like kwath) and abhyanga(a massage by oils) also mentioned in 60 treatments of shushrutas.

Properties and action of Jatyadi Tail ingredients

Sr no	Plant Name	Latin name (botanical name)	Family	Action
1.	Jaati	Jasminum officinale	Oleaceae	Anti-inflammatory and antioxidant
2.	Haridra	Curcuma longa	Zingiberaceae	Antimicrobial
3.	Daruharidra	Berberis aristate	Berberidaceae	Antimicrobial
4.	Nimba	Azadirachta indica	Meliaceae	Antimicrobial and anti-bacterial
5.	Patola	Tricosanthus dioca	Cucurbitaceae	Anti-bacterial
6.	Karanja	Pongamia pinnata	Fabaceae	Wound cleansing
7.	Kushta	Sassurea lappa	Asteraceae	Antimicrobial and anti- bacterial
8.	Madhuka	Glycyrrhiza glabra	Fabaceae	Wound healing
9.	Manjistha	Rubia cordifolia	Rubiaceae	Wound cleansing

➤ **Properties of Triphala quath**

Sr no	Plant Name	Latin Name	Family	Action
1	Haritaki	Terminalia Chebula	Combretaceae	Antimicrobial
2	Aamalki	Embllica Offinialis	Phyllanthaceae	Wound healing
3	Behada	Terminalia Belerica	Combretaceae	Wound healing

CASE PRESENTATION

A 56-year-old married male farmer presented to the OPD with a non-healing ulcer on the right ankle joint. He has a known case of type 2 diabetes mellitus for one and a half months, with slough, discharge, foul smell, and discoloration of the surrounding skin. The patient had a history of ankle joint injury from riding a bike a year ago, which healed with proper medication. However, one month ago, while working in the farm, he sustained another ankle joint injury that came into contact with water, resulting in pus formation. Surgical incision and drainage were performed, and routine investigations revealed the diagnosis of type 2 diabetes mellitus. Despite regular dressing, the ulcer has not healed in the past month and he advised skin grafting. Therefore he came to OPD for further treatment, at that time BSL F-280 PP- 340 HbA1c-9.2 K\C\O Type 2 Diabetes Mellitus diagnosed one and half months ago.

Samprapti (pathogenesis) of Vrana based on Shatkriyakal

Hetu Sevan(Etiological factors Eg. Dadhi sevan, Diwaswap)



Sanchaya - Accumulation of doshas at specific site.



Prakopa - Vitiated doshas, stage of aggravation of doshas.



Prasara - Spread of aggravated doshas in body through circulatory system



Sthan Sansraya-Stage of localization of vitiated doshas at specific site or organ i.e. vrana shopha



Vyaktavastha-Stage of clinical manifestations of diseases (i.e. vidradhi- abscess) formation.



Bhedavastha-Stage of complications of diseases (i.e. dushta vrana- non healing diabetic wound)

Local examination

Site of wound : near right ankle joint

Edges : inflamed, less tender, exfoliation seen

CASE REPORT

Name: ABC

Age: 56 yrs.

Sex: male

Occupation: Farmer

Wt.: 72.5 KG

Family History: No specific History

Medication history: Pt on Tab Lupisit M OD.

Ashtavidha Pariksha

Nadi: Vata pradhan Pittanubandhi

Mala: Asamyak

Mutra: Prakrut

Jinvha: Ishat Sam

Shabda: prakrut

Sparsha: Anushna sheet

Druk: prakrut

Akruti: Madhyam

Lifestyle modification

Aahar: Patient had a history of regularly consuming curd 3-4 times a week, and eating rice and wheat roti daily. Therefore, the patient is advised to avoid curd, fermented food, wheat, rice, and their derived products. Instead, it is recommended to include millets like sorghum, finger millets and pearl millets in the daily diet.

Vihar: The patient had a habit of daytime sleep (diwaswap), so it is advised to discontinue

daytime sleep and follow dincharya and ritucharya.

Medication

	Drugs	Dose	Time	Anupan
1	Asanadi gana kashaya	20 ml BD	Apane (Twice Before meals)	With lukewarm water
2	Chandraprabha Vati 120 mg	2 tab BD	Apane (Twice before meals)	With lukewarm water
3	Sukshma triphala tab 120 mg	2 tab BD	Apane (Twice before meals)	With lukewarm water
4	Guggul tiktaka ghrita	10 ml BD	Vyanodane (Twice after meals)	With lukewarm water
5	Cap Gandhak tail	1 cap BD	Vyanodane (Twice after meals)	With lukewarm water

Patient was instructed to come OPD daily, we were washing and remove slough properly from right ankle wound with the help of Triphala kwath in Luke warm stage and then apply jatyadi tail on wound with the help of Gauze. This treatment schedule for last 150 days with unbelievable changes in healing.

RESULT

1st day F- BSL F-280 PP- 340 HbA1c-9.2 150th day- BSL F-151.7 PP-196.2 HbA1C-8.2 the clinical signs and symptoms of dushta vrana were improved at the first week, after that sensation over wounded right ankle was also started to improved. After 1 month visible changes were seen towards the healing. With continuation of dhavan by triphala kwath and application of jatyadi tail on wound for 150 days with supportive internal medication and diet, right ankle got completely healed with minimum scars.

BEFORE AND AFTER TREATMENT



Day 1

**Day 60****Day 90****Day 110****Day 150**

DISCUSSION

Triphala kwath has vran shodhak along with vran ropak properties of the sixty upakramas of vrana management described in the Sushrut samhita. Multiple actions attributable to its kashaya(astringent)rasa, tikta(bitter)uparasa, Ruksha(dry) in property that helps to remove slough and give a proper atmosphere to restart of regeneration of damaged tissue cells. This gunas are effective on vitiated kapha and normalize it. It helps to eliminating symptoms like srava, kandu, dourgandhya, etc.

While it's also helpful to provide relief in pain and enhance healing. Kwatha also has proved as anti-microbial property in the earlier research works. There was no any adverse events found throughout the management and healing occurred uneventfully. The mode of treatment found cost effective, safe, and easy to implement. Neem, haridra, daruharidra, abhya, lodhra, have anti-microbial activity so prevent secondary infection Manjistha, sariva, karanj are vrana shodhan properties. karanj, abhaya have antioxidant and wound healing properties. Jati, patol, have vrana ropan properties. kustha has anti-inflammatory action. madhuk has soothing effects. neelotpal has anti-septic properties.

SUMMARY AND CONCLUSION

These all properties are making healing possible thus Triphala kwath and Jatyadi tail is effective in the management of dushta vrana.

REFERENCE

1. Sharangadhara, Sharangadhara Samhita, English T by Shrikantha Murthi, Chaukhamba Orientalia, Varanasi, Madhyama Khanda 9/58-60.
2. Bhavaprakasha Nighantu of Shri Bhavamishra commentary by Chunekar K. C. edited by Pandey G. S. published by Chaukhambha Bharati Academy, Varanasi, reprint, 2004.
3. Sushruta Samhita, Ayurvedatvatvasandipika, edited by kaviraj Dr. Ambikadatta shastri: Published by Varanasi, Choukambha Surbharati Prakashan Chikitsa Sthana, 2007; 1(57-58).
4. Sushruta Samhita, edited with Ayurveda Tatva Sandipika by Kaviraja Ambika Dutta Shastri Chaukhambha Sanskrit Sansthan, Chikitsa sthanam chapter 1 /8, 4.